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I. AMENDMENT

A. In the Claims

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Please amend the claims as set forth below. It is believed that no new matter has been added.

1. (Currently Amended) A method of creating a personalized exercise routine, the method including:

- forming machine-readable instructions corresponding to a personalized exercise routine stored;
- protecting said machine-readable instructions as private to a user;
- maintaining said personalized exercise routine as personal to the user;
- storing the personalized exercise routine formed in the machine-readable instructions in a memory device;
- retrieving the personalized exercise routine formed in the machine-readable instructions from the memory device; and
- user-triggered engaging of the machine-readable instructions to control an exercise machine in carrying out the personalized exercise routine.

2. (Currently amended) The method of claim 1, wherein:

- the personalized exercise routine is formed with respect to a first user-selected type of exercise equipment machine;
- and further including translating the exercise routine to a different type of user-selected exercise equipment machine to enable carrying out the personalized exercise routine on the different type of exercise equipment machine.

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3. (Currently Amended) A method of using a system, the method including:  
providing at least one user interface that allows a user to select a type of  
exercise equipment machine, and  
create a personal exercise routine for the type of exercise equipment machine  
that is selected;  
allowing translating, by a computer system, of the exercise routine from the  
selected type of exercise equipment machine to a different type of exercise equipment machine  
that is selected by the user; and  
providing control over at least one of the types of exercise equipment machine to  
enable the exercise routine to be carried out by the user.

4. (Previously presented) The method of claim 1, further including storing, in  
said personal account, medical information and a charge card number respectively  
corresponding to the user, wherein said account is maintained, by said system, as personal to  
the user.

5. (Previously presented) The method of claim 1, further including the steps  
of:  
forming a profile of the user; and  
maintaining, by the system, the profile of the user as personal to the user.

6. (Previously presented) The method of claim 3, further including:  
allowing a user profile to be formed and stored in a personal account that is  
maintained, by the system, as personal to the user.

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7. (Currently amended) The method of claim 3, further including:  
programming a cardiovascular exercise as the exercise routine on a personal  
computer; and  
communicating signals corresponding to the exercise routine over a network to  
the control over the different type of exercise ~~equipment~~ machine.

8. (Currently amended) The method of claim 3, wherein said providing  
includes:  
allowing access, via a virtual private network, to a web-accessible library of  
modifiable preprogrammed routines; and  
allowing modification of ~~of~~ said preprogrammed routines.

9. (Currently amended) The method of claim 3, further including:  
selecting a type of cardiovascular fitness ~~equipment~~ machine as the different  
type of exercise ~~equipment~~ machine, and specifying a duration of an exercise, a number of time  
intervals, an intensity, and a speed for each of the intervals.

10. (Currently amended) The method of claim 1, further including:  
storing the exercise routine on a memory means that is physically transportable  
to said exercise machine to enable said ~~controlling~~ user-triggered engaging step.

11. (Previously presented) The method of claim 10, wherein said storing  
includes storing by making an addition to a library of routines.

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12. (Currently amended) The method of claim 3, further including:  
swiping at least one of a credit card or smart card for access to the different type  
of exercise equipment machine.

13. (Previously presented) The method of claim 12, wherein said swiping is  
carried out with a card reader on a reception admission control system.

14. (Previously presented) The method of claim 3, further including:  
obtaining from the computer system, via communication over a network with a  
user computer, an agreement to abide by gym rules.

15. (Previously presented) The method of claim 5, further including storing, in  
said profile, a charge card number associated with the user.

16. (Currently amended) The method of claim 63, wherein said providing  
includes providing the control over both of said types of exercise equipment machine.

17. (Previously presented) The method of claim 3, further including  
communicating at least some personal profile data between computer systems of different  
gyms.

18. (Currently amended) The method of claim 15, further including enabling,  
with the computer system, carrying out an on line purchase from the different type of exercise

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equipment machine while exercising.

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19. (Currently amended) The method of claim 76, wherein:

the personalized exercise routine is formed with respect to a first user-selected type of exercise equipment machine;

and further including translating the exercise routine to an other type of user-selected exercise equipment machine to enable carrying out the personalized exercise routine on the other type of exercise equipment machine.

20. (Currently amended) The method of claim 3, further including forming a set of exercise routines translated to control different types of exercise equipment machine, and storing the set in memory accessible by the computer system.

21. (Previously presented) The method of claim 5, further including providing a control for at least one type of media including video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media, or an electronic magazine, the control being stored in a profile of a user.

22. (Previously presented) The method of claim 21, wherein the providing a control is carried out with two of the media.

23. (Previously presented) The method of claim 21, wherein the providing a control is carried out with three of the media.

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24. (Currently amended) The method of claim 23, further including implementing the control by displaying media at said different type of exercise equipment machine.

25. (Currently amended) The method of claim 76, wherein said forming is carried out using a personal computer and further including user-triggered downloading to allow said controlling of said exercise equipment machine.

26. (Previously presented) The method of claim 25, further including using a virtual private network to access the computer system to carry out said downloading.

27. (Previously presented) The method of claim 7, further including providing a browser interface presented at said exercise machine to control Internet communication.

28. (Currently amended) The method of claim 3, further including providing a browser interface presented at said different type of exercise equipment machine to control Internet communication.

29. (Previously presented) The method of claim 27, further including communicating the exercise routine to a controller between the Internet and the exercise machine.

30. (Currently amended) The method of claim 28, further including communicating the exercise routine to a controller between the Internet and the different type of

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exercise equipment machine.

31. (Previously presented) The method of claim 5, further including controlling with said profile output to a display device and a speaker jack at the exercise machine.

32. (Currently amended) The method of claim 6, further including controlling with said profile interaction with Internet communication while exercising by use of a device at least one of a video game joystick on said different type of exercise equipment machine or a flexible touch pad on at least one handle of the different type of exercise equipment machine.

33. (Previously presented) The method of claim 6, further including controlling with said profile programmed, hands-free, Internet communication.

34. (Previously presented) The method of claim 33, wherein said controlling includes controlling selectable content and presentation format coordinated with timing of the exercise routine.

35. (Currently amended) The method of claim 6, further including monitoring heart rate with a sensor at the different type of exercise equipment machine, and storing said heart rate in said user profile.

36. (Previously presented) The method of claim 35, further including monitoring speed and intensity of the exercise routine; and storing said heart rate, said speed, and said intensity in said user profile.

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37. (Previously presented) The method of claim 36, further including communicating signals corresponding to said heart rate, said speed, and said intensity in an Internet communication sent to a user computer.

38. (Currently amended) The method of claim 3, further including utilizing a calendar function to schedule use of the different type of exercise ~~equipment~~ machine.

39. (Currently amended) The method of claim 3, further including utilizing a calendar function to schedule use of a group of pieces of exercise ~~equipment~~ machine.

40. (Previously presented) The method of claim 3, further including logging on to a virtual private network from a personal computer to obtain said at least one user interface.

41. (Currently amended) The method of any one of claims 1, 3, or 76, further including the step of locating said exercise machine within a home gym ~~further including formatting output at a display device at said exercise machine, said formatting including selectable enlarging of the output.~~

42. (Currently amended) The method of claim 3, further including formatting output at a display device at said different type of exercise ~~equipment~~ machine, said formatting including selectable enlarging of the output.

43. (Currently amended) The method of claim 6, further including enabling



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Internet navigation by an interface at said different type of exercise equipment machine during exercising.

44. (Previously presented) The method of claim 76, further including specifying parameters of the exercise routine including type of machine, duration of session, intensity level, and pattern of variation of the intensity level.

45. (Previously presented) The method of claim 6, further including: permitting, at discretion of the user, access to an exercise report, and storing the report in the profile.

46. (Currently amended) The method of claim 19, wherein the different type of exercise equipment machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

47. (Currently amended) The method of claim 19, further including specifying, by a user computer, a location corresponding to the different type of exercise equipment machine.

48. (Currently amended) The method of claim 6, wherein the different type of exercise equipment machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

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49. (Currently amended) The method of claim 6, further including digitally specifying a location of the different type of exercise equipment machine, ~~the second exercise machine~~ so that exercising is carried out at a location corresponding to at least one of a home, a home gym, a spa, an exercise facility of an apartment complex, and a hotel.

50. (Previously presented) The method of claim 76, further including controlling access to said exercise machine, via a virtual private network of computer devices corresponding to exercise machines, by assigning a user identification name and a password to each of said devices.

51. (Previously presented) The method of claim 6, further including maintaining a business operations database used in carrying out the translating.

52. (Previously presented) The method of claim 19, further including forming a client profile database containing a profile for each of a plurality of users.

53. (Previously presented) The method of claim 6, further including forming a client profile database containing a profile for each of a plurality of users.

54. (Previously presented) The method of claim 19, further including accessing a virtual private network in scheduling an exercise session in which the controlling is to occur, the scheduling being carried out through a web browser interface, and the scheduling including selecting a location, date, and time.

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55. (Currently amended) The method of claim 54, further including configuring web viewing through the web browser interface, including: configuring screens of the web browser, said web browser interface stored on the second other exercise machine; and selecting types of content to be viewed while exercising.

56. (Currently amended) The method of claim 54, further including initiating the exercise routine by presenting identification to the different type of exercise equipment machine, the presenting including at least one of entering a name and password on a keypad, entering information from a smart card to a reader, or entering information from a magnetic strip to a card reader.

57. (Previously presented) The method of claim 6, further including controlling output of visual and audio Internet media with said profile, the media including at least one of music, a video, multimedia, or chat.

58. (Previously presented) The method of claim 6, further including optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer of the user.

59. (Previously presented) The method of claim 6, wherein the at least one user interface includes a corresponding media display, the media from the group including at least one of video, audio, and text

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60. (Currently amended) The method of claim 6, further including creating a resource pool database of available exercise ~~equipment~~ machine.

61. (Previously presented) The method of claim 6, further including:  
logging on to the system by inputting an identification number and password.

62. (Previously presented) The method of claim 6, further including inputting into said profile birth date, gender, weight, height, or health history.

63. (Previously presented) The method of claim 61, further including inputting membership of a gym into said profile.

64. (Previously presented) The method of claim 63, inputting location of the gym and a gym membership identification number.

65. (Previously presented) The method of claim 76, further including entering an indicator to find a gym capable of carrying out the step of controlling.

66. (Currently amended) The method of claim 6, further including entering a location indicator to find a gym capable of carrying out the step of providing control ~~controlling~~.

67. (Currently amended) The method of claim 6, wherein the providing control ~~controlling~~ includes controlling speed of the exercise machine.

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68. (Previously presented) The method of claim 6, further including setting a filter of at least one of web subject matter or content in said profile.

69. (Previously presented) The method of claim 6, further including computer-enabled permission for another to form a group of users.

70. (Previously presented) The method of claim 19, further including accepting, with said system, a gym registration application from a personal computer of the user.

71. (Previously presented) The method of claim 6, further including accepting, with said system, a gym registration application from a personal computer of the user.

72. (Currently amended) The method of claim 1, further including accepting a gym registration application over the a network.

73. (Previously presented) The method of claim 3, further including accepting, with said system, a gym registration application from a personal computer of the user.

74. (Previously presented) The method of claim 3, further including managing, with said system, a gym membership.

75. (Previously presented) The method of claim 5, further including managing gym membership, with said system, including tracking fees of gym users and issuing invoices.

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76. (Previously presented) A method of using a computer system, the method including:

forming a personalized exercise routine stored in a personal account at a computer system;

protecting said personalized exercise routine with a password and such that the personalized exercise routine is maintained, by said system, as personal to a user; and

controlling an exercise machine equipment of said system with said personalized exercise routine.